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MILLION DOLLAR MANSIONS



Premier rejects Vancouver's call for a luxury
tax on home sales. See why, **metroNEWS**

JENNIFER GAUTHIER/METRO

Oakridge plan scaled back

IVANHOE CAMBRIDGE

Residential and retail development downsized 25%



Emily
Jackson
Metro | Vancouver

Plans for the massive residential and retail redevelopment of Vancouver's aging Oakridge Centre have been scaled back due to construction challenges and the decision of one of its anchor tenants, Target, to leave Canada.

Ivanhoe Cambridge has downsized its plans by 25 per cent to 3.6 million square feet from 4.6 million square feet, largely by keeping the mall at Cambie and 41st to a single story instead of building a second floor. But it still intends to build all but one of the planned residential towers, some taller than 40 storeys.

"I don't consider it a significant downsizing because the residential density isn't dropping that much," Ivanhoe Cambridge vice president of development in Western Canada

Graeme Silvera said Tuesday.

The developer changed its plans after discovering a large aquifer underneath the mall that would make it extremely difficult to build underground parking and extend construction to more than eight years — a lengthy time frame opposed by both neighbours and stores.

Despite the downsizing, Silvera said Ivanhoe Cambridge will maintain the whopping \$157-million public benefits package promised when the city approved the rezoning in 2014. This includes a 70,000 square-foot community centre, a nine-acre park — one third will now be at grade instead of on the mall's roof — and 20 per cent affordable housing (10 per cent social housing and 10 per cent rental housing).

Ivanhoe Cambridge's new plan is different enough that it must go through the city's rezoning process again, including a public hearing. Silvera hopes this can be done this year so the five-year construction period can begin in 2017.

"We think it's going to be received pretty positively," Silvera said, adding the park will be "much more usable and accessible."



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Widen inquiry scope: Advocate

INDIGENOUS ISSUES

Top Liberals in city to discuss murdered and missing women



Matt Kieltyka
Metro | Vancouver

A federal inquiry into missing and murdered indigenous women can be effective only under the right framework, according to a Vancouver group of indigenous women's advocates.

Several Liberal cabinet ministers, including Indigenous Affairs Minister Carolyn Bennett, are in Vancouver this week for a series of meetings as the government consults on the design and scope of the promised inquiry.

Bennett was scheduled to meet Tuesday with the February 14th Women's Memorial March Committee, as part of a coalition of 14 community groups that were denied funding to participate in British Columbia's own missing and murdered women's inquiry in 2012.

Committee chairwoman Fay Blaney told media ahead of the meeting that the inquiry will be destined to fail if it ignores the status of indigenous women, community and women's groups and educational components by narrowing its scope to just survivors.



Women walk through the Downtown Eastside during the annual Women's Memorial March on Feb. 14, 2007. METRO FILE

She urged the Liberal government to take as much time as necessary to make sure the inquiry's framework is right. "We're really concerned about the timeline," Blaney said.

"Right now, it's like we're competing (for attention). The women's groups need to be heard and the families defin-



Our women are very vulnerable. They're in an unsafe atmosphere, and we need to protect them.

Advocate Myrna Cranmer

itely need to be heard.

"The families have been left on the sidelines, as you saw during the (serial killer Rob-

ert) Pickton cases. The families have been left out long ago and they continue to be silenced.

"So they're clamouring for attention to be paid for their issues and we really need to have a process for us as indigenous women."

Advocate Myrna Cranmer brought with her a list of 302 women who have died in Vancouver's Downtown Eastside since 2004.

Many of them faced issues

+ FACT-FINDING

Cross-Canada mission

Vancouver is the fifth of 17 cities the Liberals are holding design meetings in, up to Feb. 15, as they build a foundation for the inquiry.

of poverty and violence that cannot be ignored, she said.

"Our women are very vulnerable. They're in an unsafe atmosphere and we need to protect them," Cranmer said.

Although B.C.'s inquiry, led by former Attorney General Wally Oppal, was deemed flawed by many groups, Premier Christy Clark said the province learned a lot from the process, especially when it comes to responding to missing person cases.

"I hope that we will learn even more as a result of the national inquiry because women, vulnerable women, move across provincial borders and one province can't do this alone," Clark told media Tuesday.

"I've never agreed with this view that this problem should be dealt on a case-by-case basis. There are a lot of systemic barriers for aboriginal women living in poverty who are facing violence.

"We need to address those in a systematic way."

The meetings continue all day Wednesday with survivors, family members, and indigenous, provincial and territorial representatives.

WITH FILES FROM THANDI FLETCHER

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B.C. pledges \$3M for genome research in fighting cancer

HEALTH

Doctor says new technique still 'very experimental'



Thandi Fletcher
Metro | Vancouver

The B.C. government is investing \$3 million in genome sequencing research that could help provide personalized treatment plans for thousands of patients diagnosed with advanced cancer.

Premier Christy Clark announced the new funding Tuesday for the BC Cancer Agency's personalized onco-genomics program, which allows researchers to use advanced genome sequencing to pinpoint targeted drug therapies for patients with the hardest-to-treat cancers.

"We are going to change lives," said Clark, whose mother died of brain cancer after surviving breast cancer. "Imagine a future where someone that you love is diagnosed with cancer ... and being able to tell (them), 'You have cancer and we're going to make sure you get cured.' That's a pretty amazing thought."

Onco-genomics involves taking a biopsy of a patient's tumour and, using advanced genome sequencing techniques to



Patient Jennifer Strack, right, speaks to reporters Tuesday about how the BC Cancer Agency's personalized onco-genomics program has helped treat her cancer. FLICKR/PROVINCE OF BRITISH COLUMBIA

determine its genetic makeup, allowing researchers to understand what is enabling it to grow. That allows development of the most effective treatment strategies to block its growth.

Through the BC Cancer Agency's personalized onco-genomics program, doctors and scientists analyze the genetic

information and look at each patient's individual case to determine possible treatments. The process takes about 12 weeks.

Dr. Janessa Laskin, medical oncologist at the BC Cancer Agency, said the technique is still "very experimental," but that it is has helped physicians select targeted therapies that

have helped a "remarkable number" of patients.

"These treatments are usually treatments that we never would have given to these individuals had we not identified these targets," she said, adding that in about 20 per cent of cases, doctors have repurposed a drug that exists to treat another condition,

like diabetes, for cancer.

Only a small proportion of cancer patients are eligible to take part in the BC Cancer Agency's personalized onco-genomics program. Eligible patients include those with incurable cancer who have not had a lot of chemotherapy treatment.

Patient Jennifer Strack credits



These treatments are usually treatments that we never would have given to these individuals had we not identified these targets.

Dr. Janessa Laskin

the program with saving her life after she was diagnosed with stage-4 lung cancer at the age of 41, despite being a non-smoker.

When her cancer didn't respond to standard chemotherapy, Strack was offered gene testing and was eventually given a drug that led to dramatic shrinkage of her main tumour within a month.

"Each x-ray since then has continued to show improvement and I'm slowly getting back to feeling normal again," she said.

"Hope" now isn't just a word. I'm living proof that there is hope."

Since the BC Cancer Agency launched clinical trials of the program in 2012, more than 350 patients representing 50 different cancer types have enrolled so far.

The next phase of the program will expand to help at least 2,000 patients over the next five years.

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SAWMILL EXPLOSIONS

Workers seek class-action suit

Ten people connected to a pair of deadly sawmill explosions in British Columbia are asking a judge to certify a class-action lawsuit seeking damages for physical and mental injuries.

The separate blasts in 2012 killed four workers and injured 42 people at Babine Forest Products in Burns Lake and Lakeland Mills in Prince George.

A notice of civil claim named the Workers Compensation Board of B.C. and the provincial government.

In a statement Tuesday, Scott McCloy with WorkSafeBC said the agency had no immediate comment on the allegations.

Patrick Michell was inside the Babine mill when it blew up in January 2012.

He and nine others are seeking general, special and punitive damages, as well as declarations



WorkSafe betrayed the class members' trust, denied them justice for their suffering.

Statement of claim

that WorkSafe's inspections and investigations were negligent.

"The class members trusted WorkSafe to take all reasonable steps to ensure the safety of the mills and to competently investigate the explosions," the statement of claim said.

"By failing in both respects, WorkSafe betrayed the class members' trust, denied them justice for their suffering and for the suffering and deaths of their loved ones, undermined their

faith in government and robbed them of the sense of security and safety that a trustworthy and competent system of prevention and deterrence provides."

Michell represents one of six classes of plaintiffs, including workers who were in the two mills when fire tore through them. Workers who were off-shift, and family members of on- and off-shift workers at both locations are also represented.

They allege WorkSafeBC ignored its legal duty to represent workers' interests.

The allegations have yet to be tested in court. Many workers were out of work for months following the explosions, which the claim said were caused by combustible wood dust in levels that WorkSafe had identified as unsafe months or years earlier. THE CANADIAN PRESS

Equity sacred, Clark says

HOUSING

Premier won't support action to reduce existing prices



Emily Jackson
Metro | Vancouver

Eyebrow-raising housing values have many Metro Vancouverites clamouring for governments to try to cool the market, but Premier Christy Clark does not want to take any action that could reduce prices.

Clark confirmed her position is to protect the equity of existing homeowners when asked at a news conference on Tuesday about Mayor Gregor Robertson's calls for a luxury housing tax, a speculation tax and more data on foreign investment in the wake of skyrocketing property values in the 2016 B.C. Assessment roll.

"Some of the proposals that the city has brought forward would be taking a bite out of the equity that people have al-



A trio of Vancouver Specials in East Vancouver. JENNIFER GAUTHIER/METRO

ready invested in their homes, and we don't want to do that. That's for sure," Clark said.

"We have to be careful about any solution that we come up with, while they help make housing more affordable par-

ticularly for people entering the market for the first time, that they don't devalue the price of a home that somebody's already in," Clark said.

Clark also called on the City of Vancouver to take a look at

in Vancouver, people will tell you it's an extra \$100,000 per housing unit that's added by the city."

Still, she admitted there is "clearly" an affordability problem in Vancouver's west side and said the issue will be "front and centre" when the province puts together its budget.

The mayor's office said he was not available to respond to Clark's comments.

The average sale price for a detached home in Greater Vancouver hit \$1.65 million in December 2015.

Average single-family homes increased in value by between 15 per cent and 30 per cent in Metro Vancouver, according to the 2016 B.C. Assessment values that are used to calculate property taxes. The province collects more than \$7 billion in property tax annually.

\$1.65 million

Average sale price of detached home in Greater Vancouver in December.

IN BRIEF

Langley woman, 23, ID'd in party-bus fatality

The B.C. Coroners Service has identified a 23-year-old woman who died in a fall from a party bus in downtown Vancouver as Chelsea Lynn Mist James of Langley.

Her family told CTV News that James was an assistant teacher with a "beautiful spirit" and a passion for education. Through the coroners, they asked for privacy as they grieve.

James was attending a birthday party when she fell out of the bus as it was making a left turn onto Burrard Street. She was pronounced dead at the scene.

A statement from the Ministry of Transportation indicated the 2008 Ford bus, operated by Burnaby-based Silver Lady Limousine, held the appropriate special authorization licence and passed its last inspection in September 2015.

But police have issued four violation tickets against the company in the past two years, two for running red lights and two for open liquor, according to the province. EMILY JACKSON/METRO

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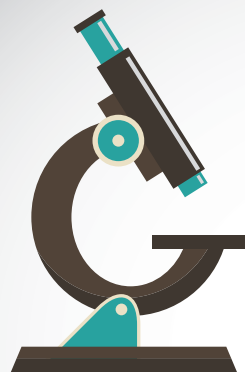
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NEB PIPELINE

Mayor asks Trudeau to suspend review

The mayor of Burnaby is urging Prime Minister Justin Trudeau to suspend National Energy Board (NEB) hearings into the proposed Trans Mountain pipeline expansion.

Mayor Derek Corrigan sent a letter asking Trudeau to put the review on hold while the federal government implements promised amendments to the way the regulator evaluates projects.

"I am now writing to request

that the amendments be expedited to avoid perpetuation of the current, deeply flawed NEB process that the public and your government have already acknowledged is inadequate," he wrote in the letter sent Monday.

Interveners are set to present their final arguments at hearings starting next week on Kinder Morgan's \$5.4-billion US proposal to triple the capacity of its existing Trans Moun-

tain pipeline from Edmonton to Burnaby. Critics have condemned changes the previous Conservative government made to the board's review process, including setting time limits for hearings and assessments and limiting who can participate.

Trudeau promised in June to engage in a "new open process" for all pipelines, including analysis of upstream impacts and greenhouse gas emissions.

He also said in August that

a Liberal government overhaul of the NEB process would apply to existing pipelines and that the Trans Mountain expansion review "needs to be redone."

Burnaby Coun. Sav Dhaliwal said the city was disappointed that little progress had been made on these promises.

"We are very concerned that the federal government has not really taken their commitment seriously," he said.

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A no-vacancy sign in front of a Kitsilano apartment building.

EMILY JACKSON/METRO

A resource for renters

VACANCY

Advocates release online course to help B.C. tenants



Emily
Jackson
Metro | Vancouver

B.C. advocates have developed an online course to give prospective tenants an edge landing apartments in communities with near-zero vacancy rates.

B.C.'s Tenant Resource and Advisory Centre (TRAC) released the free course this week to help

tenants learn the ins and outs of the province's tenancy laws. If renters sign up and complete the course, they will get a "Renting It Right" certificate endorsed by LandlordBC.

TRAC's acting executive director, Jane Mayfield, hopes the certificate will give renters a competitive advantage with landlords who recognize it as a symbol of prepared, educated renters.

"The rental process is challenging, and with very low vacancy rates it's hard to be accepted at the place you want," Mayfield said Tuesday.

Metro Vancouver rental vacancy rates plummeted to 0.8 per cent in 2015, the first time

they've dropped below one per cent since 2008, according to Canada Mortgage and Housing Corporation.

In the City of Vancouver, where vacancy rates are even lower in some neighbourhoods, it's common for dozens to attend apartment showings advertised on Craigslist, giving landlords ample candidates to choose from.

If renters complete the course, they'll have a list of references, cover letter and credit report ready to hand over to landlords for evaluation, Mayfield said.

TRAC often hears from people who are new to B.C. and seniors uncertain about what they'll need to find a place, she said, so gathering all these documents in advance will be helpful.

The course is also meant as an education tool to help renters before they're in trouble.

"A lot of people don't realize how complicated tenancy laws really are," she said, adding that people tend

to contact TRAC when they already have a problem instead of learning the rules in advance.

Only a few people have signed up for the course so far, but Mayfield said there has been a good response on social media. Those who don't want to do the whole thing can access the answers they need without getting a certificate.

Check out the course at rentingitright.ca.



With very low vacancy rates, it's hard to be accepted at the place you want.

Jane Mayfield

Operation: Welcome to Canada

ARMED FORCES

Military has helped Syrians overseas, now will help house

The military is beginning to wind down its overseas involvement in the Liberal government's commitment to resettling thousands of Syrian refugees in a matter of months.

Approximately 70 Canadian Armed Forces members have returned from Jordan and Lebanon, where they were part of a broader government effort to bring 25,000 Syrians to Canada by the end of next month.

"All it takes is seeing one little one the same age as my daughter — smiling because they are going to Canada," said Maj. Drew Willis, who was among 68 soldiers who arrived to waiting family members early Tuesday at Canadian Forces Base Gagetown in New Brunswick.

About 150 soldiers remain overseas helping process applications and conduct medical tests on the thousands of Syrians who are still passing through the screening process.

The Defence Department says the decision to bring some personnel home was made in consultation with the Immigration Department in anticipation of



Quebec's immigration minister Kathleen Weil greets a Syrian family in Quebec City on Tuesday. CLEMENT ALLARD/THE CANADIAN PRESS

program completion.

"Operation Provision has been a tremendous opportunity to showcase leadership and Canadian values on the world stage and we will continue to stand in support of this whole-of-government effort, ready to assist wherever and however we are needed," Defence Minister Harjit Sajjan said in a statement Tuesday.

Where the military is going to be needed next is at home.

Thousands of Syrians landing in the coming days are expected to be billeted at military bases as cities and towns across the country are still busy securing housing for the new arrivals.

Space is available for 6,000 people at various bases and facilities throughout Ontario and Quebec, with an additional 7,000 spots also in reserve if needed, the Forces say on their website.

Canadian Forces Bases Valcar-

tier, Kingston and Borden are expected to be the first three put into use as early as this week.

Tuesday was expected to be the day that the 10,000th Syrian refugee arrives.

Three government-organized flights of refugees were scheduled to arrive Tuesday, one in Montreal and two in Toronto, which would take the total number of arrivals to just over 10,000.

THE CANADIAN PRESS

+ QUEBEC GOAL

Province shy of target

Immigration Minister Kathleen Weil said roughly 2,800 Syrians have so far made it to Quebec, about 75 per cent of the provincial government's initial objective of 3,650 Syrian refugees to the province by the end of 2015. THE CANADIAN PRESS

IN BRIEF

Queue-jumping concerns in immigration system

People seeking to bring parents or grandparents to Canada this year were reportedly paying couriers up to \$400 to ensure their applications were at the top of the pile for the first-come, first-served federal immigration program.

Andre Nicolae said he thought he had everything

AMERICAN POWERBALL

U.S. lotto spurs tax headache

If you win the record \$1.5-billion US American Powerball lottery jackpot next Wednesday, you can also count yourself lucky that you're exempt from Canadian taxes.

But you do have to pay American taxes and that can be expensive and complicated.

Mark Feigenbaum, a U.S. lawyer/accountant and a Canadian accountant who specializes in cross-border taxation, noted that for U.S. "non-resident alien."

That term refers to Canadians who neither live in the U.S. nor have a green card, and those Canadians who are not U.S. citizens. In their case, the American IRS withholds 30 per cent tax on winnings.

"As for the state tax, it depends on the state which the lottery was run," Feigenbaum continued.

"For many states there is no state tax paid to residents on its own same state-run lottery.

For others, there are state taxes on lottery winnings to its residents but not to non-residents of that state."

Still, if you beat the astronomical odds, you'll be able to afford an accountant.

TORSTAR NEWS SERVICE

PRIME MINISTER PERKS

Justin Trudeau gets sensational swag



Michael Woods
Metro | Ottawa

The prime minister has a lot of responsibility but enjoys great perks — like gifts from heads of state. Trudeau must declare any gifts worth more than \$200. Here are five of the coolest things he's received so far.

1 Astronaut Ice Cream

From Gary Polonsky and Alex Benay, board chairman and president, respectively, of the Canada Science and Technology Museum.

2 Château Larrivet-Haut-Brion Red Bordeaux 2000

French President François Hollande gifted Trudeau three bottles of this wine (average

90.7 rating on cellartracker.com) at the UN climate summit in Paris last November.

3 Glass Globe designed by Kenneth Cobonpue

Philippines President Benigno Aquino III gave one of the internationally acclaimed Filipino designer's pieces to Trudeau at the APEC Summit in Manila on Nov. 18.

4 John Deere Mugs

Another gift from the Canada Science and Technology Museum. You can never have enough mugs.

5 Basket with liqueurs, dark rum, vodka and chocolates

Also from Aquino. Chocolate is a safe choice for a guy you don't know well. Plus, you can't go wrong with "a variety of liqueurs." Well done, President Aquino.



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Rekindle belief in change: Obama

STATE OF THE UNION

U.S. president urges rejection of fear, division in final address

U.S. President Barack Obama, eyeing the end of his presidency, urged Americans Tuesday night to rekindle their belief in the promise of change that first carried him to the White House, declaring that the country must not allow election-year fear and division to take hold.

"The future we want," he insisted, "is within our reach." But opportunity and security for American families "will only happen if we work together ... if we fix our politics," he added.

The nation's goals must include "a rising standard of living and a sustainable, peaceful planet for our kids," he said in his final State of the Union address.

At the heart of Obama's address to both chambers of Congress and a prime-time television audience was an



U.S. President Barack Obama gestures as he arrives on Capitol Hill in Washington, Tuesday, before giving his State of the Union address before a joint session of Congress. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

implicit call to keep Democrats in the White House for a third straight term. Sharply, and at times sarcastically, he struck back at rivals who have challenged his economic and national security stewardship, calling it all "political hot air."

In a swipe at some Republican presidential candidates, he warned against "voices urging us to fall back into tribes, to scapegoat fellow citizens who don't look like us or pray like us or vote like we do or share the same background."

The State of the Union address, a kind of annual progress report from the president, represented one of Obama's last opportunities to claim a large television audience as president. However, the address has suffered a major drop-off in viewers

in recent years.

Seeking to shape his own legacy, Obama ticked through a retrospective of his domestic and foreign policy actions in office, including helping lead the economy back from the brink of depression, taking aggressive action on cli-

"If we give up now, then we forsake a better future."

"The rancour and suspicion between the parties has gotten worse instead of better."

"I'll keep trying to be better so long as I hold this office."

mate change and ending a Cold War freeze with Cuba.

He vowed a robust campaign to "take out" the Islamic State of Iraq and the Levant, but chastised Republicans for "over-the-top claims" about the extremist group's power.

THE ASSOCIATED PRESS



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Citizens leave carnations as they gather near the site of the blast. EMRAH GUREL/THE ASSOCIATED PRESS

ISTANBUL

Explosion kills 10 in historic district

A suicide bomber detonated a bomb in the heart of Istanbul's historic district on Tuesday, killing 10 foreigners — most of them German tourists — and wounding 15 other people in the latest in a string of attacks by Islamic State of Iraq and the Levant (ISIL) extremists targeting Westerners.

The blast, just steps from the historic Blue Mosque and a former Byzantine church in the city's storied Sultanahmet district, was the first by ISIL to target Turkey's vital tourism sector, although ISIL militants have struck with deadly effect elsewhere in the country.

Turkish Prime Minister Ahmet Davutoglu said the bomber was a member of ISIL and

pledged to battle the militant group until it no longer "remains a threat" to Turkey or the world.

Davutoglu described the assailant as a "foreign national," and Deputy Prime Minister Numan Kurtulmus said he was a Syrian citizen born in 1988. However, the private Dogan news agency said the bomber was Saudi-born.

Eight Germans were among the dead and nine others were wounded, some seriously, German Foreign Minister Frank-Walter Steinmeier told reporters in Berlin. Meanwhile, German chancellor Angela Merkel pledged Germany would continue its fight against terrorism. THE ASSOCIATED PRESS

IN BRIEF

Germany seeks change to deportation regulations

Germany will make it easier to deport criminal foreigners following public outrage over the New Year's Eve assaults in Cologne, officials said Tuesday.

The changes, which have to be approved by the Cabinet and Parliament, would mean that even a suspended prison sentence would be grounds for deportation if someone is found guilty of certain crimes. These include homicide, bodily harm, sexual assault and violent theft. THE ASSOCIATED PRESS

Classified documents prompt legal wrangling

A U.S. Army judge is considering how classified information should be handled in the case against Sgt. Bowe Bergdahl, who walked off an outpost in Afghanistan in 2009.

Bergdahl's attorneys argued at a hearing Tuesday for wider leeway in their ability to gather and use the classified information in his case. He faces charges of desertion and misbehaviour before the enemy, a charge that carries a punishment of up to life in prison. THE ASSOCIATED PRESS

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\$30/BARREL**Plunge in oil prices follows a falling loonie**

Oil and the Canadian dollar breached two benchmarks Tuesday, with crude briefly dipping below \$30 US a barrel and the loonie slipping beneath the 70-cent US level during a volatile day on the markets.

At one point in early afternoon trading, a barrel of West Texas Intermediate fell as low as \$29.93 US before it regained some ground to settle at \$30.44 US a barrel. That was still down 97 cents from Monday's close.

The Canadian dollar hovered above and below the 70-cent US mark throughout the day, dropping as low as 69.85 cents US, before ending the day at 70.14 cents US — its lowest level since April 2003.

Oil prices have dropped precipitously over the last year and a half, falling from above \$105 US in June 2014 to levels not seen in more than a decade. And the loonie is heavily influenced by



Going forward, it is very likely that global economic conditions will remain unfavourable and that subdued commodity prices will persist.

FINANCE MINISTER BILL MOREAU

the global price of oil, one of the country's major exports.

The falling dollar and price of oil prompted questions for Finance Minister Bill Morneau, who was in Montreal on Tuesday for pre-budget consultations.

"I know that Canadians are looking closely at the price of oil. Canadians are looking closely at the Canadian dollar," Morneau said. "We recognize that those are important indicators for Can-

adians as they go about considering their situation."

The currency's historic low is 61.79 cents US, set in January 2002. It hit an all-time high of 110.3 cents US in November 2007 as Canada's resource-heavy economy benefited from global demand for its exports.

The last time Canada's dollar was worth more than the greenback was about three years ago, in February 2013.

+ OILSANDS**Projects keep pumping despite losing money**

Oilsands operators have little choice but to keep pumping despite losing money on every barrel, said industry analyst Martin King, with Calgary investment dealer FirstEnergy Capital. THE CANADIAN PRESS

If there was one bright spot Tuesday, it was the S&P/TSX composite index, which added 54.65 points to end the day at 12,373.90.

In New York, the Dow Jones rose 117.65 points to close at 16,516.22. In other commodities, the February contract for gold fell \$11 to settle at \$1,085.20 US an ounce while February natural gas fell 13.9 cents to \$2.257 US. THE CANADIAN PRESS

ECONOMY**Industries cheer, jeer ailing dollar**

The loonie fell below the 70-cent US mark Tuesday for the first time in 13 years. In its wake, the rapidly dropping dollar is leaving a roster of winners and losers in Canada. Here's a look at who is benefiting — and who is hurting:

ing a multimillion-dollar contract with an NHL, NBA or Major League Baseball star.

WINNER: TOURISM

Canada's tourist hot spots are getting a boost from Americans heading north of the border as well as Canadians opting to take so-called staycations.

"We've got a lot of drive traffic coming across the border," said Sarah Morden, a spokeswoman for B.C. ski resort Whistler Blackcomb.

The Conference Board of Canada says overnight travel from the U.S. increased about seven per cent last year.

**WINNER: FILM INDUSTRY**

Hollywood North, whether it be Vancouver, Toronto, or some of the up-and-coming markets like Calgary, is booming. Peter Leitch, president of North Shore Studios and chairman of the Motion Picture Production Industry Association of B.C., said American studios are increasingly heading to Canada to take advantage of the low dollar.

"That does make Canada one of the top choices of places to come to," said Leitch. "A few years ago when it was at par, it was quite a challenge to attract business."

LOSER: PRO SPORTS TEAMS

If you think buying a pair of shoes in the U.S. hurts, try sign-

LOSER: CONSUMERS

Be prepared to pay more for anything imported, including food. The University of Guelph's Food Institute estimates the average Canadian household spent an additional \$325 on food in 2015 and is expected see an additional increase of about \$345 this year because of the low dollar.

TORSTAR NEWS SERVICE



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Barking BFF
Fido really is your best friend. A new study shows scientifically that dogs understand human voices and facial expressions.

ELLEN VANSTONE URBAN ETIQUETTE



Is it acceptable to break up with someone by text or email? Or do you have to do it in person?

Dear Ellen,
Is it acceptable to break up with a person by text or email? Or do you have to do it in person?

Jamie, Vancouver

Dear Jamie,
Traditionalists will maintain that the only acceptable M.O. is to meet in person, in private, deliver the blow, and then allow your newly minted ex to react for as long, and with as much tearful, abusive rage, as deemed necessary.

But, with an open mind to evolving mores and technology, I put this question to Facebook friends of all ages, and received a variety of answers.

At least two male respondents seemed to miss the point: Don ("pro basketball or football game, with the help of the cheerleaders, while dressed as the mascot") and Zach ("Always ask the father first. It's tradition"). Actually, I'm pretty sure both those guys are single at the moment, which may explain their confusion.

Others (I hope) were joking, including Tim ("Twitter. You manage to tell the person and the world at the same time!") and Bren ("Invite them to a private Facebook event titled 'Our Anniversary' and then click 'not going'").

Twenty-something Katie stated that "Lots of people from the younger generation (like, high-school kids) actually prefer being broken up to via text. For me and my friends, that's an absolute no-go."

I can certainly see the benefits of an e-breakup, from both

sides. The dumper doesn't have to face the music, or get a drink thrown in their face. And the dumpee can collapse with shock and dismay without giving the dumper the satisfaction of seeing the collapse, followed by the pleasure of crafting a withering reply accusing the dumper of spineless, selfish discourtesy. Win-win — if you're both pathologically repressed social incompetents who live 5,000 miles apart without access to voice calls or Skype, and you're under the age of 12.

For the rest of you, note that the most representative reply in my FB focus group was this one, from Nora: "No text, definitely no email or snail mail (that's for business only); phone or Skype if you can't see them in person. NO crowded restaurant! Ideally, the civilized breakup is in person in private."

But others had qualifications to this basic rule of eti-

quette, like Maria: "Private, but not TOO private. I think proper etiquette would allow for the ability to stomp off. I know a woman who was dumped (not literally) in a canoe in the middle of a lake."

I happen to know that Maria, years ago, was given the pink slip by a snotty New York Times reporter boyfriend in public on the Upper East Side. But to this day, we both savour the memory of her slapping him across the face in front of a delighted sidewalk audience before she leapt into a passing cab.

Most respondents eschewed the crowded-restaurant scenario, which, aside from adding insult to injury by being such a cliché, denies more timid dumpees their right to a private, tearful, abusive rage.

But Jessica commented: "I'm going to put in a small plug for restaurant, only because I've seen so many couples break up that way

(and have been there myself). In fact Jane F. and I once worked up a whole bit about the qualities of a Good Breakup Restaurant." And Karen even cited a favourite location: "My breakup place was College Street Bar. Got dumped there and later paid it forward."

If you're not sure which breakup method is best for you and your intended ex, choose Nora's protocol: In person, in private. And remember that, as always with good manners, it's about putting the other person's feelings before your own. In this case, the other person's feelings may be vengeful hatred of you, but so be it. Take it on the chin, and know that you did the right thing, which may even help the person when calm enough to appreciate it.

Need advice?
Email Ellen:
scene@metronews.ca



Ani Castillo

metroview

The toughest part of Syrian resettlement is still ahead of us

Tim Harper



Much of the political and national conversation on the Trudeau government's ambitious Syrian refugee program has revolved around targets and timelines. But that has obscured a larger truth.

As the country's 10,000th Syrian refugee arrives in Canada this week, the toughest part of this project for the Liberal government lies ahead.

For the first time, government-sponsored refugees have topped the numbers of privately sponsored refugees, and another 15,000 displaced Syrians — a mix of both programs — will arrive by the end of February.

Military bases are standing by to potentially house government-sponsored refugees in the dead of a Canadian winter, and this is a much more vulnerable, at-risk group than those who have the privately sponsored support system awaiting their arrival.

This country, because of geography, some prudent planning despite the rush, and the ability to pick and choose its new arrivals, can legitimately look on our effort with pride. We are now standing virtually alone in not having to face down some type of refugee backlash.

But as their numbers swell, it will not take much to spark one. There can be no perception that housing, schooling or job queues are jumped and the resettlement effort has

to continue relatively seamlessly so that anxieties are not heightened on either side. There are those who want this government project to fail and they are lurking, on social media and email inboxes, waiting with matches to ignite that spark.

Canadians have contributed to winter clothing drives and have welcomed refugees into their homes. It has taken on the trappings of a national project.

But European countries, without the ability to pick and choose, have been dealing with a tide of migrants with no end in sight. According to the International Organization for Migration, 1,700 migrants have arrived by sea in Europe each day so far in 2016.

In Germany, Angela Merkel's government is changing laws to make it easier to deport foreign nationals, including asylum-seekers, in the wake of a massive number of assaults and sexual assaults of women in Cologne on New Year's Eve. All the suspects identified so far are immigrants, but they are not necessarily part of a wave of 1.1 million migrants who flooded into Germany last year.

That doesn't seem to matter. The damage is done. There is no direct line to be drawn between those incidents and attitudes in Canada, but opponents of the influx will be only too happy to draw one, if given half a chance.

Tim Harper (@nutgraf1) is a national affairs columnist for the Toronto Star.

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As always with good manners, it's about putting the other person's feelings above your own.



"I'm just a gay guy from Indiana who doesn't play basketball, but now I'm the entertainment president of CBS," Glenn Geller said of his network losing significant ground in depicting ethnic diversity.

Baking the good into goodies

EATING WELL

Sweet! Healthy tricks and substitutions from a dietitian

After holiday indulgences, baking might not be uppermost on the minds of most home cooks. Yet it's not necessary to give it up if you use a few tricks to inject some stealth health into muffins, scones, cakes and other goodies.

Using lentils, barley and canola, along with taking steps to reduce fat and sugar, can go far in making sweets and snacks healthful without sacrificing taste, says registered dietitian Zannat Reza.

Lentils are high in fibre and protein, inexpensive, and easy to add to baking when pureed, says Reza. "On the weekend I'll puree up a whole bunch of lentils, scoop them out in half-cup measurements and freeze them," says Reza, who is based in Toronto.

"If you have the urge to bake you can take out one of these little pucks, thaw it in the microwave and add it to your baking.

Greek yogurt adds more protein and calcium to recipes and can be used in place of sour cream and mayonnaise.

Here are some other ways to put a healthier spin on baking:

Flour power

Swap in whole wheat flour for half the all-purpose flour in a baking recipe. Then add 2 tablespoons of wheat germ, needed because federal rules allow



Spiced Apple and Lentil Skillet Cake. ALL PHOTOS: HANDOUT/THE CANADIAN PRESS

manufacturers to remove up to five per cent of the wheat kernel to reduce rancidity and prolong shelf life.

"You do need to add a little bit extra liquid," says Reza. "For every two tablespoons of wheat germ I find that you need to add at least a quarter cup of liquid. It could be milk, water. Say if a recipe calls for sugar and you're using maple syrup, you're adding a liquid to the baking so that will add towards the liquid."

Look for products that have "whole grain" on the label or in the ingredients list, she says.

Barley flour can be swapped for all-purpose flour. Barley contains vitamins, minerals and amino acids and is low in sodium, fat and sugar. Health Canada has approved a claim linking the consumption of barley beta-glucan, a type of soluble fibre, to reduced blood cholesterol.

Barley flakes resemble rolled oats but pack more fibre and are great in granola or as part of a topping for fruit crisp.

Canola oil

Cut the amount of butter with canola oil. In a recipe calling for

1/2 cup of butter, you can swap in 1/3 cup of canola oil.

"When it comes to a lot of muffin recipes I tend to use canola just because it has that neutral taste and also has that source of plant omega-3s which are heart healthy," says Reza.

But for pastry or scones, butter is still better for its consistency.

Hemp seeds

Hemp seeds or hearts boost protein and add heart-healthy fats along with a nutty flavour.

VERSATILE AVOCADO
Swapping in an equal amount of mashed avocado for butter works well in chocolate baked goods.

"Sometimes I'll add it to smoothies or on my cereal, but lately I've added it to some granola that I've made. I just add it in the last 10 minutes (of baking)," says Reza.

Puréed or mashed fruit

Swap out about half the fat in a recipe with puréed fruit.

For every 1 cup of unsweetened applesauce, reduce the liquid called for in the recipe by 1/4 cup. THE CANADIAN PRESS

TASTY AND PORTABLE

Satisfying and protein-packed

These moist muffins are a great snack or breakfast on the go.

"They have protein, staying power, keep you feeling full," registered dietitian Zannat Reza says.

She put in extra mashed bananas and reduced the amount of canola called for in a recipe from Canadian Lentils.

Make a double batch and freeze one for up to a month. **Makes 12 muffins.**

Ingredients

- 1 egg, slightly beaten

- 1/4 cup canola oil
- 1/2 cup granulated sugar
- 1 1/2 cups bananas, mashed
- 1 cup lentil purée
- 1 tsp vanilla extract
- 1 1/3 cups whole wheat flour
- 2 Tbsp wheat germ
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 cup raisins

Directions

1. Preheat oven to 400 F.
2. In a bowl, combine egg, canola oil, sugar, bananas, lentil purée and vanilla. Mix well.

3. In another bowl, mix together flour, wheat germ, baking soda, baking powder and raisins. Stir into egg mixture until just combined.

4. Spoon batter into greased muffin pan, filling each cup about two-thirds full.

5. Bake for 15 to 20 minutes or until a toothpick inserted into centre of muffins comes out clean. Let cool and remove from pan.

RECIPE ADAPTED BY REGISTERED DIETITIAN ZANNAT REZA FROM CANADIAN LENTILS.

RECIPE

Spiced Apple and Lentil Skillet Cake

This guest-pleasing recipe has a dash of stealth health (lentil purée, apples and whole wheat flour). Each serving delivers five grams of fibre and eight grams of protein. **Makes 6 servings.**

Ingredients

- 1/3 cup plus 2 tbsp unsalted butter, divided
- 3/4 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1/2 tsp sea salt
- 2 cups finely chopped apples
- 1/2 cup lentil purée

Directions

1. Preheat oven to 350 F. Grease a 9-inch cast-iron skillet or square baking dish with 2 Tbsp butter.

2. In the bowl of a stand mixer, cream remaining butter and sugar on high speed until light, about 2 minutes, scraping down sides a few times. Add eggs and vanilla. Beat on high for 2 minutes until fluffy, scraping down sides a few times.

3. In a separate bowl, combine flours, baking soda, cinnamon, ginger, nutmeg and salt. Mix well. Using a rubber spatula, fold flour mixture into butter mixture, then stir in apples and lentil puree until smooth.

4. Scrape into prepared pan, smoothing top. Bake for 25 to 30 minutes or until an inserted toothpick comes out with just a few crumbs clinging.

5. Serve warm, with whipped cream or vanilla ice cream.

SOURCE: CANADIAN LENTILS, LENTILS.CA.



Banana Lentil Muffins are a moist on-the-run breakfast option.

The fish we can't resist

SNACK FOODS

A new spin on addictive Goldfish crackers

Despite the zeal toward eating local and whole foods, kids and adults are inhaling these addictively cheesy and salty fish crackers by the handful. Sales of Goldfish crackers alone totalled more than \$435 million in 2013, and 142 billion of the crackers are produced each year by Pepperidge Farms.

Apple Brown Betty with Goldfish Cracker Crust

Many recipes that incorporate snack food do it more as a novelty than improving the flavour or texture of the original dish. This take on a traditional Apple Brown Betty, however, gives a delightful crunch to the buttery flour crumble topping, and adds a cheesy, salty flavour inspired by the classic American pairing of apple pie and cheddar cheese.

Ingredients

2 small baking apples, cored, and sliced into eighths, peeled if desired (try Honeycrisp or Pink Lady)
7.5 mL (1 1/2 tsp) ground cinnamon
5mL (1 tsp) lemon juice
5mL (1 tsp) brown sugar
5mL (1 tsp) hot water
For the crumble
30mL (2 Tbsp) all-purpose flour
15mL (1 Tbsp) brown sugar
30mL (2 Tbsp) unsalted butter, room temperature
125mL (1/2 cup) cheddar-flavoured Goldfish crackers, crushed
5mL (1 tsp) unsalted butter, room temperature
Preheat oven or toast-oven to 350F.



Apple Brown Betty with Goldfish cracker crust.

TORSTAR NEWS SERVICE

Directions

1. In a bowl, toss the apple slices with the cinnamon and stack them in an oven-safe dish.
2. In another bowl, mix the lemon juice, 1 tsp of brown sugar, and hot water until the sugar dissolves. Pour the mixture over the apples. Set aside.
3. In another bowl, combine the flour, 1 Tbsp brown sugar, and 2 Tbsp of unsalted butter until it reaches a crumbly texture. Sprinkle it evenly on top of the apples.
4. Bake for 40 minutes.
5. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.
6. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.
7. Place back in oven and bake for another 20 minutes.
8. Remove from oven. Let rest for 5 minutes before serving. Serves 2.

TORSTAR NEWS SERVICE

NEW YEAR'S RESOLUTIONS

Try wines outside your comfort zone

Peter Rockwell
For Metro Canada



If you're looking for a New Year's resolution to broaden your palate in 2016, promise yourself to try new grape varieties.

There's no better way to learn more about wine than drinking outside of your comfort zone and adding an un-

familiar berry to your liquid vocabulary.

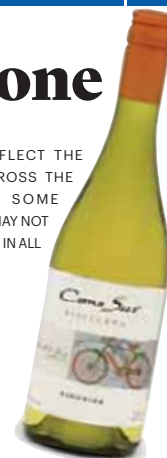
Though some of you may think winter isn't the optimum season to experiment with white wine, I'm here to tell you that anytime is a good time to pour white.

I love the Viognier grape this time of year. With tropical aromatics and plump fruit flavours it's tasty on its own and makes a great companion with cold-weather cooking.

Originating in France's Rhône Valley, where it adds oomph to both white and red blends, it's now found a home just about everywhere in the wine world.

Cono Sur's 2015 Bicele Viognier (\$9.95-\$12.99) from Chile is a great entry level version with a plush, peach-meets-apricot aroma and surprising weight on the palate for a relatively inexpensive wine.

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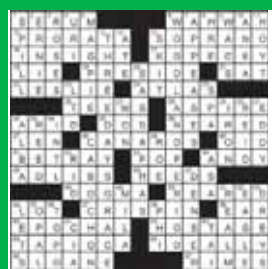
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How to prepare for the culinary Olympics

Whether swiping a kitchen tool, turning up a burner or blasting some rock music, Team Canada coaches are prepping junior chefs to stay calm when the heat is on

MEGAN PROPER

"Competition is a sick thing. At the time you hate it, but the second it's over, you want to do it again. It's stressful and time consuming but you still want to do it."

At the culinary Olympics, where teams from around the world make elaborate meals as a five-hour timer ticks down, every flick of the knife is accounted for, right down to the second.

The best way to prepare, according to Canada's junior team, is to prepare the menu over and over, hundreds of times. In the months leading up to this year's event in Germany on Oct. 21-25, the Niagara College Canada-based team will spend thousands of hours making the same dishes so they'll be able to recreate the menu almost robotically. Like athletes, these chefs need to be in the zone.

The coaches are not above a bit of trickery — turning up the heat on a burner, hiding the spatulas, blasting rock music — to help prepare the team for a tournament in which even simple mistakes can be devastating.

Last week, the team played host to their American opponents in a lead-up to the big event. The team needs to be unflappable in the face of Swiss judges in chef's whites looming over their stovetops.

"When you get to the top 10 countries, the differences are so slight. Even though you may have a fantastic team and perform very well, it's similar to sports: who has a good

day? Who's 'on' that day?" said Craig Youdale, dean of the Canadian Food and Wine Institute and manager of Junior Culinary Team Canada.

In 2013, Niagara College won the chance to represent Canada. (The senior team is made up of professional chefs 25 and older from across the country.) Since then, these teammates have been putting in 50 hours every three weeks, on top of school and work, and will continue to do so until they reach Europe.

The team was chosen based on talent, experience and work ethic, but the key on competition day is managing time and stress, Youdale said. Part of training also involves friendly matches, such as the one held at Niagara College over the weekend. The nine-member Canadian under-25 team tempered chocolate, shelled mussels and scraped marrow from veal bones metres away from the Americans who had flown in for the weekend.

On Saturday, the college hosted the U.S. ambassador to Canada, Bruce Heyman, to a six-course dinner prepared by both North American teams. But on Friday, the two teams squared off in a competition before three judges who will also be in Germany.

The menu was similar to the one the Canadian team will present at the Olympics: venison tourtière, quail roulade, roast duck with pressed confit, terrines of mushroom and seafood.

Canada won. But the rivalry is an amicable one, at least for now.

"You're not going down to a fight like hockey," said U.S. team captain Kristyn Granahan on the eve of last week's competition. "You're still enemies, in a way, but friendly enemies."

At this year's Olympics, which is known officially as the Internationale Kochkunst Ausstellung Culinary Olympics, there will be 20 countries competing at the student/junior level (at the professional level there are 32 countries).

Each team will create a buffet and three-course menu for 60 guests. Only five team members will be allowed in the glassed-in kitchen. That means the coaches and support team are forced to press their noses to the fishbowl, sweating over every detail but unable to help. One former coach even said the experience was more stressful than waiting for his wife to give birth.

All this painstaking preparation and presentation is great, but Judson Simpson, team mentor and international culinary judge, said the risk is losing sight of what the judges most care about.

"They get so wrapped up in how pretty something looks, because the eyes feast first," said Simpson, whose day job is House of Commons chef. "Taste is very subjective, but people overlook the significance of it. Fifty per cent of the mark is the taste."

TORSTAR NEWS SERVICE



Clockwise from top left: Apple praline with apricot sorbet, ice wine mousse, leche de creme and raspberry garnish; smoked scallop with a white chocolate cauliflower mousse, beet puree, pickled fennel, orange and a vodka foam; pierogi with bacon, onion and mushrooms; garlic waiting to be mixed with hummus. TORSTAR NEWS SERVICE



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Spreading cuteness to crossovers



REVIEW

Stylish and fun, this Fiat is mostly buono

Mike Goetz

For Metro Canada



The small crossover segment is hot. People just love how they bring bigness and AWD into a tidy package. Every brand is bringing one to market, or already has, even luxury brands.

But owing to their small and chubby shapes, sometimes these crossovers are far from the pinnacle of sublime vehicle design. Teenage boys are not putting up posters in their bedrooms of the Chevrolet Trax.

Fiat lucked out in this regard, as their bulbous styling ethos is perfectly suited to this genre. The 500X looks stylish and fun, and distinctively Fiat, with great proportions, and meaty wheels that look like they mean business.

The rounded shape is perfect for maximizing people and cargo room. Headroom and legroom are just great for a vehicle of this size.

Lots of vibrant colour options too, to further the F500X's excellent visuals. But we're not going let good looks completely cloud our thinking, like it usually does.

It utilizes engines, transmissions, and a platform from the Jeep Renegade, and is built alongside Renegade at Fiat's plant in Turin, Italy. The base model, called Pop, is fitted with the 1.4-litre engine and six-speed manual transmission.

Only the 2.4-litre engine is

paired with an automatic transmission or AWD, so if you want either of those pieces, you have to move up to the Sport trim (where the 2.4-litre is optional), or the Trekking and Lounge trims (where the 2.4-litre engine is standard).

Our tester was a Trekking with AWD (\$32,690) model, with several options, including the big 8.4-inch touchscreen with all the fancy audio stuff and navigation, and the really, cool and big "two-pane" powered sunroof, for a pre-tax, pre-destination charge tally of \$35,875, which actually represents pretty good value, considering the level of equipment.

Getting comfy and adjusted behind the wheel is a synch, thanks in part to Chrysler's intuitive touchscreen, and lots of nice, round switchgear, which is part of the "rounded" interior and exterior vibe of the Fiat 500 line.

On one particular long-haul drive, I found myself squirming a bit in the driver's seat, which seems less supportive than it could be. But overall the cabin's a great place to hang out. The 180-hp 2.4-litre engine is plenty strong and peppy, but the real technological treat is the nine-speed automatic transmission.

The excellent powertrain is let down, however, by the handling. Nothing dangerous, just a bit too much body motion over rough stuff and in the corners, and not too involving. If you like to zone out when you drive, this will not be a problem, but if you need to get your driving fix everyday, maybe look elsewhere. Otherwise the 500X looks good, especially in the ... well, looks department.

THE CHECKLIST 2016 FIAT 500X

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 160-hp turbo 1.4-litre I4, 180-hp 2.4-litre I4
Transmission. six-speed manual, nine-speed automatic
Price. Base \$21,995 (plus destination)

COOL FEATURES

- AWD features regular, sport, and super traction modes, and also automatically disconnects rear axle, when AWD not needed.
- Big dual panel sunroof, lots of exterior colours.
- Full suite of safety systems available, including forward collision and blind spot warning, and rear cross path detection.



MAIN AND INTERIOR PHOTOS: MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- Cute yet rugged styling stands out in crowded crossover market.
- No cheap AWD versions; AWD only available on higher trim lines, and with 2.4-litre engine and automatic transmission.
- Achieved Top Safety Pick + status, highest safety rating awarded by the IIHS.

MARKET POSITION

- Designed and built in Italy, and marketed as such — it's the stylish and fun alternative with flair and personality.
- First Fiat to offer AWD; shares platform with Jeep Renegade.
- Fiat's entry in hot subcompact crossover segment; a segment that has great appeal to young couples and families, and empty nesters.

THE COMPETITION



Mini Countryman
Base price: \$29,950



Nissan Juke
Base price: \$20,698



Buick Encore
Base price: \$29,645

FOR A LIMITED TIME

Jeep marks 75th anniversary with special-edition vehicles

Necessity may be the mother of invention but even Willys-Overland, the original Jeep's builders, had no idea that they were creating a truly timeless automotive icon when they accepted a U.S. military challenge to design and build an all-terrain vehicle in just 60 days.

"Jeep vehicles have defined the authentic SUV and set the benchmark for off-road capability and freedom since they were first produced in 1941," said Mike Manley, Head of Jeep Brand FCA Global. "In honor of the brand's 75th anniversary, we have cre-

ated eye-catching, special-edition models of each vehicle in our lineup that celebrate the unparalleled history of the legendary Jeep brand."

To ensure the special editions stand out among their peers, they will be offered in a choice of three Jeep-model exclusive shades of Green (a small selection of other colours are available), plus contrasting orange accents.

The 75th Anniversary Wrangler and Wrangler Unlimited editions will be offered in Sarge Green with bronze coloured wheels and headlamp surrounds.



Jeep's birthday fleet was unveiled at the Detroit Auto Show. COURTESY JEEP

The models also get unique rock rails, and a body-coloured front grille, while inside the heated seats are trimmed in leather

with mesh inserts.

Recon Green is the colour choice for the Cherokee and Grand Cherokee. But as well as

a special paint finish, the Grand Cherokee turns up the style even further with a unique front fascia, grille and headlamps. The

look is completed by glossy black body accents. This means the orange accents move to the interior, adorning the seats as a contrast stitching colour instead.

The Renegade gets new grille surrounds, fog lamp bezels and roof rack in a bronze finish to go with its jungle green exterior finish, and inside there's a Beats Audio system. Finally, the Compass and the Patriot also gets new bronze exterior and interior detailing while a power sunroof, remote start and a leather-wrapped steering wheel are also standard equipment. AFP



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††Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). *Limited time weekly lease offer and all other offers are from Honda Canada Finance Inc., on approved credit. ‡The weekly lease offer applies to a new 2016 Civic 4D LX 6MT model FC2E5GE/Pilot LX 2WD YF5H1GE/HR-V LX 2WD MT RU5G3GEX for a 60-month period, for a total of 260 payments of \$58.86/\$111.65/\$66.75 leased at 3.99%/4.99%/4.99% APR based on applying \$240/\$0/\$380 "lease dollars" (which are deducted from the negotiated selling price after taxes). †Down payment of \$0.00, first weekly payment and \$0 security deposit due at lease inception. Total lease obligation is \$15,303.60/\$29,029.00/\$17,355.00. Taxes, license, insurance and registration are extra. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. **MSRP is \$20,485/\$37,185/\$22,385 including freight and PDI of \$1,595/\$1,695/\$1,695. License, insurance, registration and taxes are extra and may be required at the time of purchase. †††Prices and/or payments shown do not include a PPSA lien registration fee of \$30.31 and lien registering agent's fee of \$5.25, tire/battery tax, air conditioning tax (where applicable) or environmental fees and levies, all of which are due at time of delivery. Offers valid from January 5th through February 1st, 2016 at participating Honda retailers. Dealer trade may be necessary on certain vehicles. Offers valid only for British Columbia residents at BC Honda Dealers locations. Offers subject to change or cancellation without notice. Terms and conditions apply. Visit www.bchonda.com or see your Honda retailer for full details. ‡None of the features we describe are intended to replace the driver's responsibility to exercise due care while driving. Drivers should not use handheld devices or operate certain vehicle features unless it is safe and legal to do so. Some features have technological limitations. For additional feature information, limitations and restrictions, please visit www.honda.ca/disclaimers and refer to the vehicle's Owner's Manual. †Only compatible with certain devices and operating systems. Cellular data and/or voice charges may apply, including roaming charges and/or other amounts charged by your wireless carrier.

'I think I'll live': Bill Belichick has a black eye, and neither his players nor reporters could get the Patriots coach to reveal how he got it

VANCOUVER GIANTS

Benson still out with injury

The Vancouver Giants remain hopeful that Tyler Benson will be able to play in the upcoming Top Prospects Game, despite the event being less than three weeks away and Benson being currently sidelined with a lower-body injury.

With the Top Prospects Game set for Jan. 28 at Pacific Coliseum, Benson, the Giants' captain and a potential first-round pick in this year's NHL draft, is listed as week-to-week due to the injury. He hasn't played since Dec. 30, which put an end to an impressive run — 17 points in 13 games — for the 17-year-old forward.

"We want to make sure he's back at 100 per cent before we put him back on the ice again, because throughout it all, at best he was 80 per cent," Giants coach Lorne Molleken said Tuesday.

"So it speaks volumes about his character and how much he wanted to be on the ice to help his team."

Molleken said Benson was sent home during the Giants' recent trip to Prince George to undergo an MRI.

"Right now, our goal is to have him play in that game," said Molleken.

"But certainly, he's working hard with the doctors and the therapists to get him back to a position where we can get him back on the ice."

CAM TUCKER/METRO

Virtanen relishes big goal

CANUCKS

19-year-old confident despite world junior backlash



Cam Tucker
Metro | Vancouver

The love-in for Roberto Luongo, Daniel Sedin making his mark in franchise history and a strong performance from Vancouver's youthful players that included a tying goal from Jake Virtanen — it was easy for those storylines to suddenly get lost in the shuffle Monday.

Vancouver's 3-2 overtime victory over the Florida Panthers featured a game-ending melee seconds after Sedin scored his second of the game for the Canucks.

In doing so, he tied Markus Naslund for the franchise lead in career goals with 346.

The skirmish also took away from the fact The Kids were more than all right for Vancouver.

They had an impact on the result.

Sven Baertschi, 23, and Bo Horvat, 20, both assisted on Virtanen's tying goal late in the third period.

While he didn't hit the score-sheet, fellow 19-year-old rookie Jared McCann was also noticeable. In less than 13 minutes of ice time, he had seven shot attempts, five of which were on goal, and had a plus-eight Corsi For rating at even strength.



Jake Virtanen celebrates his game-tying goal against the Panthers on Monday night. JONATHAN HAYWARD/THE CANADIAN PRESS

When Monday's game was over, Virtanen cracked a well-timed joke as he discussed his goal on Luongo.

"I'm not trying to pump my own tires, but I guess I can say I studied him — nah, I'm kidding," said Virtanen.

"(Luongo) played a really good game. He's a really good

2

Virtanen's goal on Monday night was just his second of the season. He also has three assists to his credit.

goalie and played really big (Monday), made some big saves so it was good."

Earlier this month, Virtanen was vilified after Canada's early exit from the world juniors.

He's been back in the lineup for two games since his return, using his speed and strength to draw penalties and create shots.

Virtanen's goal versus the Panthers was his second of the season, and first since Nov. 2. It was also vital to the Canucks taking that game to overtime.

"I felt really confident last game. (Monday), I felt just as confident," he said. "The huge thing was getting that win and breaking that record for them."

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Vancouverite Irving enters draft on a high

MLS

Mixed spell at Kentucky made goalie a much stronger player

At 22, Vancouver's Callum Irving has already endured his share of athletic ups and downs. The senior goalkeeper from the University of Kentucky arrives at Thursday's MLS SuperDraft in Baltimore on a high, however.

First-team All-America honours. Scholastic All-American. Conference USA player of the year, among other accolades.

Irving led Kentucky (12-5-2 overall) to an undefeated (7-0-1) conference run, earning the school its first Conference USA regular-season title while conceding just one goal in eight matches. In 19 games with the Wildcats in 2015, he gave up 13 goals for a 0.66 goals-against average. But there have been obstacles along the way. And he had to learn the business side of the sport quickly.

Irving went through the Whitecaps residency program, although Vancouver ultimately elected not to offer him a home-grown player contract. And he struggled in his first year at Kentucky, earning and then losing the starting job. At six foot one, Irving is not the biggest 'keeper. He was used to having to fight to



Vancouver's Callum Irving went undefeated in conference play with Kentucky of the NCAA last season. UNIVERSITY OF KENTUCKY ATHLETICS/THE CANADIAN PRESS

“Once I took it, I wasn't going to let it go.”

Irving on taking No. 1 spot in the Kentucky goal

make teams growing up.

“But I wasn't used to being out of my comfort zone and coming (to Kentucky) definitely pushed me out of my comfort zone,” he said. “I had to fight for myself. I was the only one here that was going to fight for me.”

After graduating high school, Irving was focused on trying to

earn a contract with the Whitecaps. The MLS team wanted him to get some experience in the NCAA. Kentucky offered him the most help in terms of scholarship. He finished his Kentucky career with school records in shutouts (27) and goals-against average (0.86).

He credits the teammates in front of him for his success. But he also underwent an attitude adjustment after his disappointing first year at school. Instead of looking ahead to an early exit to rejoin the Whitecaps, he threw himself into doing what's best for the team — knowing it would pay off for him too. Plus he spent a lot of hours in the

gym to bulk up. It paid off when he won the job back. “Once I took it, I was not going to let it go,” he said.

The Whitecaps, expressing satisfaction in their current stock of goalkeepers, eventually elected not to sign Irving, who has attended both Canadian under-18 and under-20 camps. The ‘keeper understood, although he admits to some disappointment about it.

“It's a professional game,” he said. “It's not always about sentimental things like playing for your hometown club. Sometimes it's about what's best for the club and for the player.”

THE CANADIAN PRESS

MLB

Dodgers announce hiring of ex-Jays GM

Former Toronto Blue Jays general manager Alex Anthopoulos is back working in baseball again.

The 38-year-old Montreal native will serve as the Los Angeles Dodgers' vice-president of baseball operations. The National League West division champions announced the move Tuesday on their official Twitter feed.

The hiring reunites Anthopoulos with Ismael Cruz, who served as his former special assistant and director of Latin American operations before joining



Alex Anthopoulos
THE CANADIAN PRESS

the Dodgers last November. Anthopoulos will also be working with Dodgers general manager Farhan Zaidi, a native of Sudbury, Ont.

Anthopoulos will assist in all aspects of baseball operations, the Dodgers said in a release.

THE CANADIAN PRESS

IN BRIEF

Sharks pull Jets apart

Joe Pavelski scored his 22nd goal of the season and added an assist as the San Jose Sharks defeated the Winnipeg Jets 4-1 on Tuesday.

Joe Thornton, Chris Tierney and Joel Ward, with an empty-netter, also scored for the Sharks (21-18-2). Tierney picked up an assist. Winnipeg (19-21-3) got its lone goal from Nikolaj Ehlers. THE CANADIAN PRESS

Rams going back to Cali

NFL owners voted Tuesday night to allow the St. Louis Rams to move to a new stadium just outside Los Angeles, and the San Diego Chargers will have an option to share the facility.

The Oakland Raiders, who also wanted to move to the area, could move to Los Angeles if San Diego doesn't,

commissioner Roger Goodell said. The moves end the NFL's 21-year absence from the nation's second-largest media market. THE ASSOCIATED PRESS



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RECIPE Light and Simple Faux Pho



PHOTO: MAYA USNYEY

Ceri Marsh & Laura Keogh
For Metro Canada



- 2 tsp sugar
- Handful of cilantro
- Handful of bean sprouts
- 1 cup julienned carrots
- 1 cup julienned red pepper

Far from authentic, this light and bright soup is an easy version of the intoxicating, traditional Vietnamese soup.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 6 oz rice vermicelli (half of most packages)
- 3 1/2 cups chicken stock
- 1 cup water
- 14 oz can of coconut milk
- 3/4 lb of chicken breast, thinly sliced
- 6 Tbsp fresh lime juice
- 3 Tbsp fish sauce

Directions

1. In a large pot, warm up your vegetable oil and sauté the garlic and ginger until they're translucent and fragrant. Add the stock, coconut milk and water and bring to a simmer. Add the chicken and cook for 20 minutes.
2. While that's happening, soak your noodles in luke-warm water in a large bowl. Once the chicken has been cooking for 20 minutes, add the noodles and stir. Add the lime, fish sauce and sugar. Taste to check seasoning.
3. Serve in large bowls and top with fresh carrots, sprouts, peppers and cilantro.

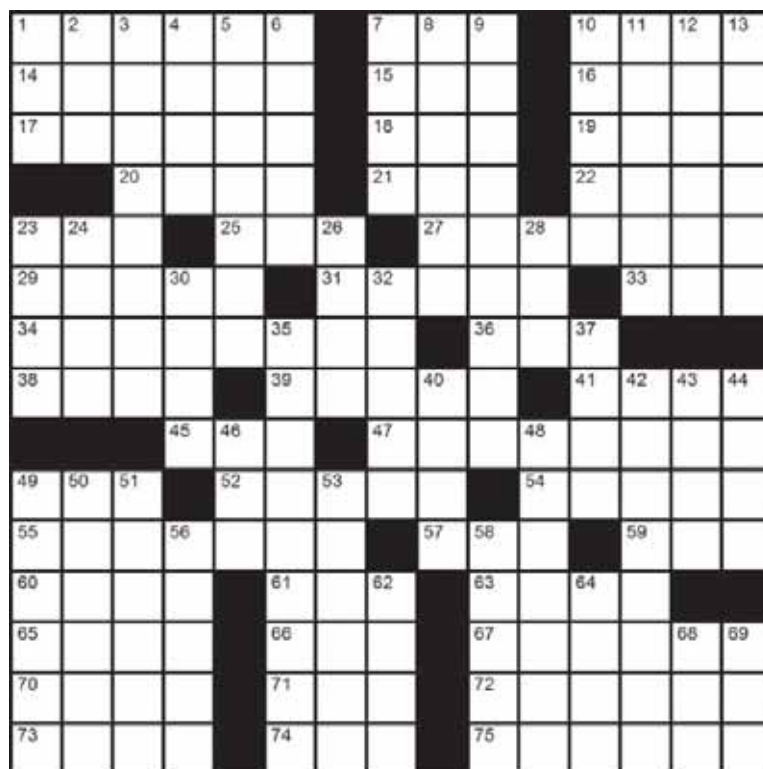
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Make a raised design, as on stationery
7. Ball shape
10. Montreal 'souls'
14. Informant
15. 'Ballad' suffix
16. Immense
17. Islands, in The Caribbean
18. 'Impress' suffix
19. Particular preposition
20. Business contact nos.
21. Ben-Hur author Mr. Wallace
22. Cracked a bit
23. Mount (Volcano in Japan)
25. Energy
27. Get back together
29. of judgment
31. Deflect
33. Mr. Danson of "Cheers"
34. Arctic sky-to-snow aircraft
36. ' ' in Iberville
38. "I..." (American anthem opener)
39. Combine, corporate-ly
41. Rhyming scheme
45. Be in need of Kleenex
47. One taking city transit: 2 wds.
49. 'Passion' suffix
52. Gold medal position
54. Taco kit brand, with Paso: 2 wds.
55. Kitchen set
57. Prefix to 'metrical'



59. Company's stock mkt. debut
60. Ms. Ryan's
61. Global currency org.
63. West's opposite direction
65. Goo Goo Dolls hit
66. Boat's one-of-two

67. Sprinkle with holy oil
70. Ms. Russo
71. Mini-looking guitar
72. One cracking a code
73. Shangri-la
74. Picture
75. Canadian-born reality star Shannon,

and surnamesakes

DOWN

1. Techie bail-out key
2. Bygone bird
3. Canadian daily deals website co-founded by #48-Down
4. "Him _ _ - What's It Gonna Be?": Tune

- by #8-Down
5. Ready-to-start-slicing surgeon's request
6. Feel
7. Eye: French
8. Paul _ & The Raiders
9. Minhas _ and Distillery (Co-founded/co-owned by

- #11-Down)
10. Like a Canada Goose, for example
11. As per #9-Down... Ms. Minhas, Dragon on CBC's "Dragons' Den"
12. CBC's "The Fifth _"
13. Stashed
23. To boot
24. _ Fifth Avenue (Posh store)
26. Window what?
28. Ms. Hagen of Broadway
30. Belonging to an undercover agent
32. Words of action
35. Aspirational
37. Go boating
40. Grit
42. Food's extra ingredient
43. Traffic jam sound!
44. _ and Janis (Comic strip)
46. Commonly, in poetry
48. As per #3-Down... Dragon on CBC's "Dragons' Den", Michele _
49. Look up to
50. Like a wedding cake
51. Car part
53. Create a newer version
56. German industrial city
58. Bread-making ingredient
62. Discharge
64. Fish variety
68. Mr. Beatty
69. Actor Mr. Knight, et al.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Play by the rules and don't cut corners. There's a lot at stake and while it may seem as if no one is watching they almost certainly are. Act as if the eyes of the world are upon you.

Taurus April 21 - May 21
Throw caution to the wind and do whatever it takes to make your mark. Aim to be first in everything you do and before the day is over your name will be up in lights. Don't pretend you don't want that — because you do!

Gemini May 22 - June 21
Any promises you made in recent weeks will have to be made good today and tomorrow. If you can't deliver on them then you may have to pay compensation.

Cancer June 22 - July 23
You don't have the last say. What can you do about it? Not a lot but it's no big deal. The cosmic wheel will turn again and one day soon you'll be calling the shots.

Leo July 24 - Aug. 23
Keep your plans simple because it will be all too easy to get into a muddle and lose track of what you are supposed to be doing. Cosmic activity in the work area of your chart means you need to stay flexible.

Virgo Aug. 24 - Sept. 23
You'll find yourself in a position of power but don't let it get to your head. If you're too domineering you could spark a feud that lingers for weeks, months, maybe even years.

Libra Sept. 24 - Oct. 23
If you need to make changes on the home front then do it now. If you don't take control someone else will, so start guiding events, and people, in the direction you want them to go.

Scorpio Oct. 24 - Nov. 22
You will think and act fast today and it may be frustrating when you have to slow down because others are dragging their feet. Look for intelligent ways to get ahead of the pack.

Sagittarius Nov. 23 - Dec. 21
Success needs to be worked at continuously. What happens today will make sure you don't forget that point. What you achieved in the past no longer matters — you are only as good as your next big win.

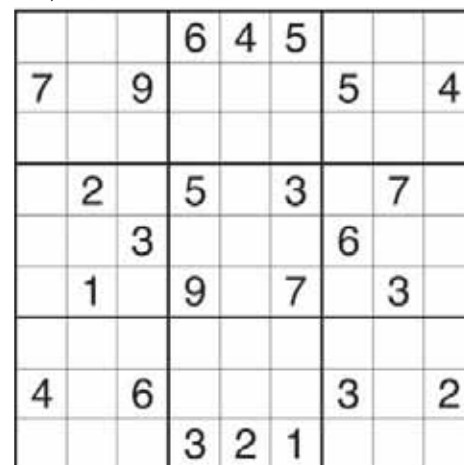
Capricorn Dec. 22 - Jan. 20
You'll find a way to get what you want. You can sense that the cosmic omens are on your side you won't allow anyone to stand in your way.

Aquarius Jan. 21 - Feb. 19
You seem to have a lot of negative feelings and you need to do something about them. Find a way to be alone with your thoughts today so you can get your head back in shape.

Pisces Feb. 20 - March 20
Today you'll come into contact with someone who has amazing ideas and can inspire you to achieve great things. They may not look remarkable at first sight though, so keep your eyes and ears open. Genius comes in all shapes and sizes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.



Language matters

Choose the right words. People with a mental illness are just that: People with a mental illness. Not “crazy,” “bipolar” or “schizophrenic.” Too many people still dismiss or joke about mental illness. Would they be as comfortable doing so if they were talking about cancer?

Clara Hughes



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